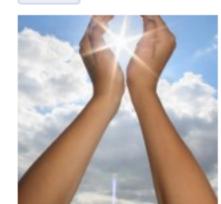
Can Meditation Reduce Pain?

by G. Bossik on December 14th, 2011 at 7:00 am

Like Sign Up to see what your friends like.



A new study on the human brain shows that meditation can reduce pain. 1

tweets

The authors measured pain intensity and pain regulation in fifteen volunteers by using a pain rating scale and an MRI, a machine that uses a magnetic field and radio waves to capture x-ray like images.

Two MRI sessions were conducted — one before meditation training and one afterwards.

In the second session, the male and female volunteers experienced less pain after practicing mindfulness meditation, a technique that involves letting random thoughts go and focusing on breathing sensations, according to the authors of the study.

When testing this mind-body technique, scientists applied a heat probe to each volunteer's right leg. They found that the volunteers who meditated had a 40% reduction in pain intensity from the heat and showed different brain activity in the MRI images.

"Meditating, after training, activated brain regions related to the self-regulation of pain," say the scientists.

Mind Soothe™ promotes balanced mood, emotional health and feelings of well-being.

Sources:

1. F. Zeidan et al, "Brain Mechanisms Supporting Modulation of Pain by Mindfulness Meditation," The Journal of Neuroscience.

Related Posts

- How Natural Is Your Diet? It May be Linked to Chronic Pain
- Stopping Migraine Pain
- · Work Out Without the Pain
- o Backaches Natural Ways to Ease the Pain
- Natural Ways to Relieve Foot Pain

Leave a Reply

Name (required)
Email (required) – will not be published
Website (optional)
.:

Notify me of followup comments via e-mail

Leave comment

Newslette	r Signup
Name:	
Email:	
Subs	cribe

Ť

in

5

*

You Tube





Topics	Comments	Tags
>> Attention	n, Memory & Learn	ing
>>> Beauty & Skincare		
>> Feature	d	
>> Food & l	Nutrition	
>> Health 8	k Wellness	
›› Health \	/ideos	
>> Home R	Remedies	
>> Lifestyle	1	
>> Mind, St	ress & Balance	
>> Native R	Remedies in the N	ews
>> Pet Care	e	
>> Press R	eleases	
>> Relation	ships	

Published Is Your Sweet Tooth Aging Your Skin?. Published 5 Tips to Slim Down for Summer. Published The Causes of ADHD. Published Always in Overload Mode? HSP Commonly Concurrent With ADHD. Published Dog-Friendly Travel: Road Trip Checklist. Published Research Shows Sleep Problems in ADHD Patients. Published The Science Behind Funny Dog Behavior. Published Spring Health for Your Pet. Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	
Published 5 Tips to Slim Down for Summer. Published The Causes of ADHD. Published Always in Overload Mode? HSP Commonly Concurrent With ADHD. Published Dog-Friendly Travel: Road Trip Checklist. Published Research Shows Sleep Problems in ADHD Patients. Published The Science Behind Funny Dog Behavior. Published Spring Health for Your Pet. Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	Lifestream
Published The Causes of ADHD. Published Always in Overload Mode? HSP Commonly Concurrent With ADHD. Published Dog-Friendly Travel: Road Trip Checklist. Published Research Shows Sleep Problems in ADHD Patients. Published The Science Behind Funny Dog Behavior. Published Spring Health for Your Pet. Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	
Published Always in Overload Mode? HSP Commonly Concurrent With ADHD. Published Dog-Friendly Travel: Road Trip Checklist. Published Research Shows Sleep Problems in ADHD Patients. Published The Science Behind Funny Dog Behavior. Published Spring Health for Your Pet. Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	Published 5 Tips to Slim Down for Summer.
Commonly Concurrent With ADHD. Published Dog-Friendly Travel: Road Trip Checklist. Published Research Shows Sleep Problems in ADHD Patients. Published The Science Behind Funny Dog Behavior. Published Spring Health for Your Pet. Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	Published The Causes of ADHD.
Checklist. Published Research Shows Sleep Problems in ADHD Patients. Published The Science Behind Funny Dog Behavior. Published Spring Health for Your Pet. Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	
in ADHD Patients. Published The Science Behind Funny Dog Behavior. Published Spring Health for Your Pet. Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	
Behavior. Published Spring Health for Your Pet. Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	
Published Your Gut, Your Health. Published Sleep Tips for Kids With ADHD.	
Published Sleep Tips for Kids With ADHD.	Published Spring Health for Your Pet.
	Published Your Gut, Your Health.
Archives	Published Sleep Tips for Kids With ADHD.
Archives	
Archives	
	Archives
Select Month ▼	Select Month ▼

Connect With Us

